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## Glossary

### **Acquired immunodeficiency syndrome (AIDS)**

**A:** Acquired, (not inherited) to differentiate from a genetic or inherited condition that causes immune dysfunction  
**I:** Immuno-, because it attacks the immune system and increases susceptibility to infection  
**D:** Deficiency of certain white blood cells in the immune system  
**S:** Syndrome, meaning a group of symptoms or illnesses as a result of the HIV infection

AIDS is the most advanced stage of HIV infection.

### **Acute illness**

An illness, such as pneumonia, that begins suddenly and usually is of short duration. Many acute illnesses can be cured by medical treatment.

### **AIDS**

See Acquired Immunodeficiency Syndrome.

### **Anaemia**

A condition in which there is a low blood level of red blood cells, haemoglobin, or in total volume.

### **ANC**

See Antenatal Care.

### **Antenatal care (ANC)**

Care of a pregnant woman and her unborn child or foetus before delivery.

### **Antibiotic**

A medicine that kills infection-causing organisms.

### **Antibody**

A specialised serum protein produced by B lymphocytes in response to an exposure to foreign protein (antigen).

### **Antigen**

A substance that can trigger an immune response causing the production of antibodies as part of the body's defense against infection and disease.

### **ARV**

See Antiretroviral Drugs, Antiretroviral Prophylaxis, Antiretroviral Treatment.

<b>Antiretroviral prophylaxis</b>	Short-term use of antiretroviral drugs to reduce HIV transmission from mother to infant.
<b>Antiretroviral treatment</b>	Long-term use of antiretroviral drugs to treat maternal HIV/AIDS and prevent PMTCT.
<b>Asymptomatic</b>	Without symptoms of illness or disease.
<b>Bacterium</b>	A type of germ that causes infection.
<b>Bloodborne pathogen</b>	Microorganisms, such as viruses or bacteria, that are carried in blood and can cause disease.
<b>Breastmilk substitute</b>	Any food being marketed or otherwise represented as a partial or total replacement for breastmilk, whether or not suitable for that purpose. A breastmilk substitute can be commercial infant formula or home-modified animal milk.
<b>CD4 cells</b>	T-lymphocyte cells in the immune system involved in protection against infections. When HIV actively multiplies, it infects and kills CD4 cells.
<b>CD4 count</b>	A test that measures the number of CD4 cells in the blood, thus reflecting the state of the immune system. A normal count in a healthy adult is 600–1200 cells/mm <sup>3</sup> . When the CD4 count of an adult falls below 200 cells/mm <sup>3</sup> , there is a high risk of opportunistic infection.
<b>Cell</b>	The basic unit of living matter.
<b>Cessation of breastfeeding</b>	Completely stopping breastfeeding, including suckling.
<b>Chorioamnionitis</b>	Inflammation of the membranes covering the foetus.
<b>Chronic illness</b>	Any persistent medical condition that can be managed but not cured with treatment.
<b>CMV</b>	See Cytomegalovirus.
<b>Codex Alimentarius Commission</b>	Created in 1963 by Food & Agricultural Organization (FAO) and WHO to develop food standards, guidelines and other information including practice guidelines under the Joint FAO/WHO Food Standards Programme. The main purposes of this Programme are protecting consumers health and ensuring fair trade practices in the food trade, and promoting coordination of all food standards work undertaken by international governmental and non-governmental organisations.

<b>Combination ARV therapy</b>	Use of three or more antiretroviral medications to more effectively combat HIV disease and suppress viral load.
<b>Commercial infant formula</b>	Breastmilk substitute formulated industrially in accordance with applicable Codex Alimentarius standards to satisfy the nutritional requirements of infants during the first months of life up to the introduction of complementary foods.
<b>Complementary food</b>	Any food, whether manufactured or locally prepared, used as a complement to breastmilk or to a breast-milk substitute. In general, complementary foods should not start before the age of 6 months.
<b>Counselling</b>	The confidential dialogue between individuals and their care providers. The term <i>counselling</i> can refer to discussions between healthcare workers and clients/patients specific to HIV testing to help clients examine their risk of acquiring or transmitting HIV infection.
<b>Cup feeding</b>	Being feed from or drinking from an open cup irrespective of its contents.
<b><i>Cryptococcus</i></b>	A fungal organism that infects the central nervous system (brain and spinal cord) causing cryptococcal meningitis. Some of the symptoms include fever, headache, vomiting, and loss of appetite. A serious opportunistic infection in persons living with HIV/AIDS.
<b>Cryptosporidium</b>	An organism that infects the intestines (gut). Some of the symptoms include diarrhoea, pain, and weight loss.
<b>Cytomegalovirus (CMV)</b>	A virus that infects systems of the body. Some of the signs and symptoms include pneumonia, retinitis, diarrhoea, and other problems.
<b>DNA PCR</b>	HIV DNA polymerase chain reaction (PCR) is a laboratory test to detect the presence of the virus in the blood. It is used for diagnosis of the infant less than 18 months.
<b>Dehydration</b>	Loss of fluid from body tissues.
<b>Diarrhoea</b>	Frequent loose and watery bowel movements often caused by bacteria, parasites, and drug use. People with HIV commonly develop diarrhoea , which can lead to wasting.
<b>Disclosure</b>	Sharing of HIV status with others. Most people believe that disclosure of HIV infection should be encouraged. Yet many people infected with HIV avoid disclosing their HIV status for fear that doing so will subject them to unfair treatment and stigma. Benefits of disclosure include: encouraging partner(s) to be HIV tested; preventing the spread of HIV to partner(s); and receiving support from partner(s), family, and/or friend(s).

<b>Discrimination</b>	An act or behaviour based on prejudice. Discrimination is a way of expressing, either on purpose or inadvertently, stigmatising thoughts.
<b>Disinfection</b>	Elimination of most or all microorganisms other than bacterial spores, accomplished by the application of liquid chemicals or by wet pasteurisation (75°C for 30 minutes after detergent cleaning).
<b>ELISA</b>	See Enzyme Linked Immunosorbent Assay.
<b>Enzyme Linked Immunosorbent Assay (ELISA)</b>	A laboratory assay (test) to identify the presence of HIV antibodies in body fluids. A positive ELISA test result is usually confirmed by another test such as a second ELISA or a test called the Western blot.
<b>Encephalopathy</b>	Degeneration (failing) of the brain that causes decreased functioning in activities of daily living and progresses over weeks or months.
<b>Enzyme</b>	A protein that helps promote biochemical reactions but that is not affected by them.
<b>Epidemic</b>	A disease affecting or tending to affect a disproportionately large number of individuals within a population, community, or region at the same time.
<b>Evaluation</b>	A measurement of the changes in a situation resulting from an intervention. A <i>formal evaluation</i> of a PMTCT programme will demonstrate how much it contributed to changes in the indicators.
<b>Exclusive breastfeeding</b>	Providing breastmilk only (including expressed breastmilk), and no other food or drink, including water. The only exceptions are drops or syrups consisting of vitamins, mineral supplements, or medicines.
<b>Failure to Thrive (FTT)</b>	Weight loss or gradual but steady deterioration in weight gain from the expected growth, as indicated in a child's growth card.
<b>Fungus</b>	A germ that can cause infection, including a yeast infection such as thrush. Fungal infection occurs commonly in those with weakened immune systems, including AIDS.
<b>Germs</b>	Organisms, including bacteria, viruses, and fungi, that can cause infection.
<b>Healthcare provider</b>	A doctor, nurse, midwife, programme manager, or others whose activities include working directly with patients or clients in a healthcare setting. Also referred to as healthcare worker.
<b>Helminth infection</b>	Intestinal disease caused by wormlike parasites.

<b>Haematocrit</b>	The percentage of red blood cells in the blood.
<b>Haematologic</b>	Relating to blood.
<b>Haemoglobin</b>	A protein found in red blood cells that carries oxygen.
<b>Hepatic</b>	Relating to the liver.
<b>Hepatitis</b>	Inflammation of the liver that may be caused by bacterial or viral infection, parasitic infestation, alcohol, drugs, toxins, or transfusion of incompatible blood.
<b>Hepatomegaly</b>	Swollen or enlarged liver.
<b>Herpes</b>	A virus that causes sores in the mouth, on the genitals, or elsewhere on the body.
<b>Highly Active Antiretroviral Therapy (HAART)</b>	Stands for the use of at least three ARV drugs in combination to suppress viral replication and progression of HIV disease by reducing the viral load to undetectable levels.
<b>Human immunodeficiency virus (HIV)</b>	Stands for human immunodeficiency virus, the virus that causes AIDS. HIV breaks down the body's defence against infection and disease—the body's immune system—by infecting specific white blood cells, leading to a weakened immune system. It is transmitted through blood, blood products, semen, vaginal fluids, and breastmilk.
<b>HIV rapid test</b>	A simple test for detecting HIV antibodies in blood or other body fluids that produces results in less than 30 minutes.
<b>Home care</b>	The provision of treatment and care in the home of the person living with HIV/AIDS.
<b>Home-prepared formula</b>	Replacement food (or breastmilk substitute) prepared at home from fresh or processed animal milk, suitably diluted with water and amended with sugar and micronutrients.
<b>Indicators</b>	Summary measures used to describe a situation. They provide information on the status of activities related to each step of the PMTCT programme cycle.
<b>Infant who is HIV-exposed</b>	Infant born to a mother infected with HIV and exposed to HIV through pregnancy, in childbirth, or during breastfeeding.
<b>Integrated Management of Childhood Illness (IMCI)</b>	An approach to management of child health, developed by WHO and UNICEF, that focuses on the well-being of the whole child. IMCI aims to reduce death, illness, and disability, and to promote improved growth and development among children younger than 5 years.
<b>Intervention</b>	An action or strategy to address a particular problem or issue and to accomplish a specific result.

<b>Immune system</b>	A collection of cells and proteins that works to protect the body from potentially harmful, infectious microorganisms, such as bacteria, viruses and fungi.
<b>Immunisation</b>	Vaccination to protect against a specific infection by injecting a weakened or killed form of a disease-causing organism into the body to activate the body's immune response without causing the full-blown disease. Currently there is no vaccine or immunisation to protect against HIV.
<b>Immuno-compromised</b>	Having a weak or damaged immune system as measured by a low CD4 count. Also, see Immunosuppressed.
<b>Immuno-suppressed</b>	When the body's immune function is damaged and incapable of performing its normal functions. Immunosuppression may occur due to certain drugs (e.g., in chemotherapy) or because of certain diseases such as HIV infection.
<b>Implementation</b>	The specific steps taken when attempting to reach a specific goal, is known as "implementation." The implementation phase occurs after goals have been set and a strategy has been agreed upon.
<b>In utero</b>	Refers to events that occur in the uterus (womb) during pregnancy.
<b>Infection</b>	Invasion and growth of germs in the body.
<b>Indicators</b>	Summary measures used to provide information on the status of activities related to each step of the PMTCT programme cycle.
<b>Intrapartum</b>	Occurring during labour and delivery (childbirth).
<b>Lymphadenopathy</b>	A swelling of the lymph glands in the body. The most common areas of swelling with HIV infection are the neck, under the arms, and in the groin. Also called swollen glands.
<b>Lymphocyte</b>	A type of white blood cell produced in the lymphoid organs that is primarily responsible for immune responses. Present in the blood, lymph and lymphoid tissues.
<b>MAC</b>	See <i>Mycobacterium Avium Complex</i> .
<b>Malaria</b>	An infectious disease characterized by cycles of chills, fever, and sweating, caused by a parasite transmitted by a host mosquito.
<b>Medication adherence</b>	Taking medicine exactly as recommended by a healthcare provider without missing doses.

<b>Monitoring</b>	Routine tracking of information or indicators about a programme and its intended outputs through record keeping and regular reporting. Also called performance monitoring.
<b>Mother-to-child transmission (MTCT) of HIV MTCT</b>	Transmission of HIV from a woman infected with HIV to her child during pregnancy, childbirth, and breastfeeding. Also referred to as vertical transmission or perinatal transmission.  See Mother-to-Child Transmission.
<b>Neutrophil</b>	A type of white blood cell that kills foreign organisms such as bacteria and fungus.
<b>Neutropenia</b>	Low neutrophil count in the blood that is associated with HIV infection.
<b>OI</b>	See Opportunistic Infection.
<b>Oesophagitis</b>	An infection or inflammation of the oesophagus.
<b>Opportunistic infection (OI)</b>	A disease caused by a microorganism that does not normally cause illness in a person with a healthy immune system, but that may cause serious disease when the immune system is weakened.
<b>Oral thrush</b>	A fungal infection of the mouth that looks like white patches or curdled milk.
<b>Output indicators</b>	Evidence of programme results, such as the number of people trained.
<b>PCP</b>	See <i>Pneumocystis Carinii</i> Pneumonia.
<b>PCR</b>	See Polymerase Chain Reaction.
<b>PEP</b>	See Post-Exposure Prophylaxis.
<b>PMTCT</b>	Prevention of mother-to-child transmission of HIV.
<b>Pandemic</b>	A disease occurring over a wide geographic area and affecting an exceptionally high proportion of the population ie, malaria, HIV.
<b>Perinatal transmission</b>	See Mother-to-Child Transmission of HIV; Also known as vertical transmission.
<b>Platelet</b>	A type of blood cell (thrombocyte) that facilitates blood clotting. Also see Thrombocytopenia.

<b><i>Pneumocystis Carinii</i> Pneumonia (PCP)</b>	A severe, life-threatening lung infection that causes fever, dry cough, and difficulty breathing.
<b>Polymerase Chain Reaction (PCR)</b>	A viral assay (test) that detects the presence or the amount of a virus in the blood. For HIV, the DNA-PCR indicates the presence of the virus. The HIV RNA-PCR measures the amount of virus, often referred to as the viral load.
<b>Post-exposure prophylaxis (PEP)</b>	<p>Short-term use of ARV drugs following occupational HIV exposure such as a percutaneous injury (eg, a needlestick or cut with a sharp object) or contact of mucous membrane or nonintact skin (eg, exposed skin that is chapped, abraded, or afflicted with dermatitis) with blood, tissue, or other body fluids containing visible blood to reduce the likelihood of infection.</p> <p>PEP is a key part of a comprehensive Universal Precautions strategy for reducing exposure to infectious agents in the workplace.</p>
<b>Postnatal care</b>	Care for a mother and infant in the 6 weeks following birth. Postnatal care is vital for ensuring that mother and child remain healthy and should include prevention, early detection, and treatment of complications and disease. Guidance and support of infant feeding and maternal nutrition, family planning, childhood immunisations and referrals to needed services provide continuity of care.
<b>Prenatal care</b>	See Antenatal Care.
<b>Prevalence</b>	The percentage of a population that is affected with a particular disease at a given time.
<b>Programme cycle</b>	Process of assessing a situation and then planning, implementing, monitoring and evaluating a responsive public health programme.
<b>Prophylaxis</b>	Treatment to prevent the onset of a particular disease (primary prophylaxis) or recurrence of symptoms in an existing infection that has been brought under control (secondary prophylaxis). <i>PMTCT</i> prophylaxis refers to using antiretroviral drugs to reduce HIV transmission from mother to infant.
<b>RNA PCR</b>	HIV RNA polymerase chain reaction, also called viral load testing, detects and measures the amount of virus in blood.

<b>Replacement feeding</b>	The process of feeding infants who are receiving no breastmilk with a diet that provides the nutrients infants need until the age at which they can be fully fed on family foods. During the first six months, this should be with a suitable breastmilk substitute such as commercial formula, or home-prepared formula with micronutrient supplements. After six months, the suitable breastmilk substitute should be complemented with other foods.
<b>Replicate</b>	To duplicate or make more copies of something.
<b>Safer sex</b>	Ways to have sex that reduce the risk of acquiring or transmitting HIV and other STDs such as use of a latex condom or other barrier. See Unprotected Sex.
<b>STDs/STIs</b>	See Sexually Transmitted Diseases/Infections.
<b>Seropositive</b>	A blood test result that indicates infection. A test can indicate the presence of antibodies to an organism (antibody positive) or the presence of the organism or its proteins (antigen positive).
<b>Side effect</b>	Unintended action or effect of a medication or treatment.
<b>Sexually Transmitted Diseases/ Infections (STD/STI)</b>	Diseases that people get by having intimate sexual contact, including having sex (vaginal, oral, or anal intercourse) with someone who already has the disease. There are many different kinds of STDs including herpes, HIV, and syphilis. All STDs are preventable.
<b>Specificity</b>	The ability of a test to correctly exclude individuals who do not have a given disease or disorder. For example, a certain HIV test may have proven to be 90% specific. If 100 healthy individuals are tested with that method, only 90 of those 100 healthy people will be found “negative” or disease-free by the test. The other 10 people also do not have the disease, but their test results seem to indicate they do. For that 10%, their “positive” findings are a misleading false-positive result. When it is necessary to confirm a diagnosis that requires therapy, a test’s specificity is one of the important indicators. The more specific a test is the fewer “false-positive” results it produces.
<b>Splenomegaly</b>	Inflamed or enlarged spleen.
<b>Sterilisation</b>	Completely eliminating or killing all microorganisms by application of steam under pressure, dry heat, or ethylene oxide and other gases, or by soaking in other liquid chemicals for prolonged periods.
<b>Stigma</b>	Refers to all unfavourable attitudes and beliefs directed toward people living with HIV/AIDS (PLWHA) or those perceived to be infected, as well as their significant others and loved ones, close associates, social groups, and communities.
<b>Symptomatic</b>	Showing signs of illness or disease.

<b>TB</b>	See Tuberculosis.
<b>Thrombocytopenia</b>	An abnormally low number of platelets (thrombocytes) due to disease, reaction to a drug or toxic reaction to chemotherapy treatments. If the platelets are too few, bleeding could occur.
<b>Tuberculosis (TB)</b>	A contagious bacterial infection that damages the lungs and other parts of the body. TB is a respiratory illness and is mainly transmitted through coughing. The most common and serious co-infection and OI related to HIV/AIDS.
<b>Universal precautions</b>	A simple set of effective practices designed to protect health workers and patients from infection with a range of pathogens including blood borne viruses. These practices are used when caring for all patients regardless of diagnosis.
<b>Unprotected sex</b>	The exchange of blood, semen and/or vaginal fluids that occurs during sexual activity when condoms and other barrier methods such as latex or polyurethane are not in use.
<b>Viral load</b>	The amount of HIV in the blood as measured by HIV RNA PCR.
<b>Viral resistance</b>	Changes in the genetic makeup of HIV that decrease the effectiveness of antiretroviral drugs. Usually occurs in response to drug treatment especially when there is incomplete treatment or poor adherence to appropriate treatment.
<b>Virus</b>	A type of germ that causes infection.
<b>Vertical transmission</b>	See Mother-to-Child Transmission of HIV.
<b>Wasting (syndrome)</b>	Condition characterised by loss of more than 10% of body weight and either unexplained chronic diarrhoea (lasting more than 1 month) or chronic weakness and unexplained, prolonged fever (lasting more than 1 month).
<b>Western blot</b>	A laboratory test for specific antibodies to confirm repeatedly reactive results on the HIV ELISA test. Western blot is the validation test used often for confirmation of other test results.
<b>Wet-nursing</b>	Breastfeeding of an infant by someone other than the infant's mother.
<b>Window period</b>	The period of time between the onset of infection with HIV and the appearance of detectable antibodies to the virus. The window period lasts for 4 to 6 weeks but occasionally up to 3 months after HIV exposure.



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## Resources

### Key General Resources on PMTCT

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### Key Online Resources on PMTCT in Resource-Constrained Settings

<http://www.cdc.gov/nchstp/od/gap>

CDC's Global AIDS Program (GAP) exists to help prevent HIV infection, improve care and support, and build capacity to address the global HIV/AIDS pandemic. GAP provides financial and technical assistance through partnerships with communities, governments, and national and international entities working in resource-constrained countries.

<http://www.jhpiego.org/>

Through advocacy, education and performance improvement, JHPIEGO helps host-country policymakers, educators and trainers increase access and reduce barriers to quality health services in low-resource settings throughout Africa, Asia and Latin America and the Caribbean.

<http://www.who.int/3by5/en>

The WHO drive to provide HIV/AIDS treatment to three million people by the end of 2005.

<http://www.WomenChildrenHIV.org>

<http://WomenChildrenHIV.org.za>

This website, and its mirror site, disseminates state-of-the-art clinical information and training resources on mother-to-child transmission of HIV (MTCT) and related topics. It communicates the best practices in PMTCT and caring for infected women, children and families in resource-constrained settings.

<http://www.cdc.gov/hiv/dhap.htm>

Centers for Disease Control and Prevention (CDC) site for information on HIV/AIDS in the United States.

<http://www.fhi.org>

Family Health International (FHI) works to address the needs of communities and countries ravaged by HIV/AIDS. FHI's publications present comprehensive, state-of-the-art information on every aspect of HIV/AIDS prevention and care, treatment, and mitigation by sharing lessons learned from many years of experience with HIV/AIDS in the developing world.

[http://www.globalhealth.org/view\\_top.php3?id=227](http://www.globalhealth.org/view_top.php3?id=227)

Global Health Council works to ensure that all who strive for improvement and equity in global health have the information and resources they need to succeed. To achieve this goal, the Council serves as the voice for action on global health issues and the voice for progress in the global health field.

<http://www.popcouncil.org/hivaids/index.html>

The Population Council's activities include efforts to alleviate the epidemic's effects; elucidate the basic science of infection and the determinants of the epidemic; work toward prevention; promote policy development; reduce stigma and discrimination; and promote the treatment, care, and support of people with HIV.

<http://www.reproline.jhu.edu/video/hiv/tutorials/English/index.htm>

ReproLearn Multimedia tutorials provide doctors, faculty, and healthcare trainers with technical information they need to provide high-quality healthcare and to train other healthcare providers about the needs of women with HIV/AIDS.

<http://www.safemotherhood.org>

The Safe Motherhood Initiative is a worldwide effort that aims to reduce the number of deaths and illnesses associated with pregnancy and childbirth.

<http://www.fightglobalaids.org/>

The Student Global AIDS Campaign (SGAC) is a national, student-based organization that uses advocacy, lobbying and the media to help end the global AIDS pandemic. The SGAC also raises money for student AIDS organizations abroad to support their work fighting AIDS on the ground.

<http://www.synergyaids.com>

The Synergy Project provides technical assistance and services to the USAID to design, evaluate, and coordinate HIV/AIDS programmes and identify and disseminate lessons learned.

<http://www.unaids.org>

UNAIDS (Joint United Nations Programme on HIV/AIDS) provides information on epidemiology, treatment, and programme development.

[http://www.usaid.gov/pop\\_health/aids](http://www.usaid.gov/pop_health/aids)

USAID (United States Agency for International Development) is an independent agency of the US federal government that develops community-based advocacy and support programs for people living with HIV/AIDS, and provides support for orphans and vulnerable children whose families have been affected by HIV/AIDS. USAID also supports voluntary testing and counselling centers.

<http://www.who.int/hiv/en>

WHO (World Health Organization) offers information on epidemiology, treatment, and programme development for HIV/AIDS.

[http://www.worldbank.org/hiv\\_aids/globalprogram.asp](http://www.worldbank.org/hiv_aids/globalprogram.asp)

The World Bank is working with all regions in the developing world that are affected by HIV/AIDS. The AIDS programme offers global learning and knowledge sharing on approaches and best practices for addressing HIV/AIDS.

## MODULE 1—Introduction to HIV/AIDS

### Key Resources

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